

Breakfast 8:15 am (the same both days)

whole grain bread
oatmeal
fresh fruit
scrambled eggs
plain, nonfat, yogurt
dry cereal
skim milk
butter
turkey sausage
cinnamon
sweetener
hot tea

Lunch 12:15 pm Saturday

chicken breasts
Morning Star Griller (requested in advance)
brown rice
hot broth or veggie soup
mixed green salad
oil and vinegar
cooked carrots
butter
tea, hot & cold

Lunch 12:15 pm Sunday

roast beef
Morning Star Griller (requested in advance)
baked potato – one for each person
nonfat sour cream
hot broth or veggie soup
mixed green salad
oil and vinegar
cooked broccoli
butter
tea, hot & cold

Dinner Saturday 6:15 pm

Baked Salmon
Baked potato with choice of toppings – one for each person
Vegetarian Choice – Tofu (requested in advance)
Non-fat sour cream salsa lemon juice
Make your own salad: Salad greens, Chicken, Roast beef, roasted soy nuts, garbanzo beans, broccoli florets, grape tomatoes, celery, carrots, sliced onion, shredded cheese, oil and vinegar, salsa

Bread will be served at dinner.

Fresh fruit butter tea hot and cold

Metabolic/Snack/Saturday Only

dry cereal
yogurt
skim milk
fresh fruit

All Day Long

coffee (both regular and decaf), tea
Equal and Sweet-n-Low

If what you need or want is not on this menu, bring it. For instance, if you always use ranch dressing, bring it. We will not be providing it.